



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

“The closest thing to being cared for is to care for someone else”

– Carson McCullers–

Caregiver Tip:

Time is running out to make changes to your Medicare Plan during Medicare Open Enrollment ending December 7, 2015

Everyone with a Medicare Part D prescription drug plan should review their coverage

- Check for changes in the monthly cost you pay for your plan (the premium).
- Check the cost of each medication you take, as costs may increase or decrease
- Plans can also change the drugs covered (the formulary) and the amount of the annual deductible (the amount you must pay before your prescription drug plan begins to pay) so review these too.

Open Enrollment is also a good time to check your Medicare Summary Notices and the Part D explanations of benefits to help prevent Medicare fraud and abuse. If you see charges for something you did not

Caregiver Support Group

Wednesday, December 2, 2015

4—5:30 p.m.

**Alexandria Adult Day
Services Center**

Resources:

Find Medicare Health and Drug Plans: Medicare’s Plan Finder at <http://www.Medicare.gov>. or call 1800-633-4227.

Contact the City of Alexandria VICAP Counseling Program-703-746-5999

Caregiver Grants: Road Scholar, a nonprofit educational travel organization providing lifelong learning opportunities for adults 50 and older is offering grants up to \$1,399 to caregivers to allow them to participate in Road Scholar programs. For more information visit <http://www.roadscholar.org/n/caregivergrant>.

To remove your name from our mailing list, please email joann.callender@alexandriava.gov
Questions or comments? Email joann.callender@alexandriava.gov or call 703.746.5999



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